

Press Release



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Governor Hoeven Declares Saturday, June 4, Trails Day

BISMARCK, N.D.—North Dakota Gov. John Hoeven has declared June 4 North Dakota Trails Day. In honor of this proclamation and in conjunction with National Trails Day, a number of hikes and events are planned for North Dakota's state parks. Planned state park events are scheduled for Cross Ranch, Fort Ransom, Lake Sakakawea, Grahams Island, Lake Metigoshe and Fort Stevenson state parks.

This year's Trails Day theme, "Take the Path to a Healthier You," relates trail activities to improved health. With the extremely high obesity rates in the United States, trails can become pathways to better health. According to the Centers for Disease Control and Prevention, regular physical activity, including trail use, is very beneficial for preventing or controlling many diseases.

In addition to promoting wellness, these Trails Day events provide the perfect opportunity for those wanting to explore the Lewis and Clark National Historic Trail to get outdoors and experience the best of what North Dakota has to offer.

Planned hikes on Saturday, June 4, include—

Fort Ransom State Park, *Fort Ransom*

In conjunction with National Trails Day, Fort Ransom State Park is holding Visitor Appreciation Day. On this day, daily vehicle entrance fees are waived to encourage more people to visit the park. A walking/hiking event will be co-sponsored by the Koda Manipe Volkssport Club of Wahpeton and Fort Ransom State Park. The walk/hike is non-competitive and participants have options of a relatively flat 5 km (3.1 miles) trail along the Sheyenne River or a more rigorous 10 km trail (6.2 miles) which utilizes both hill and valley trails. The event is a sanctioned event by the American Volkssport Association and is open to all interested people. The purpose of the event is to encourage people to use their state park trails and to enjoy the natural and historical setting of beautiful Fort Ransom State Park. The park is an excellent bird watching area as well as a place rich in wildflowers.

People interested in walking/hiking the trails may start anytime on June 4 between 7 a.m. and 2 p.m. and finish by 5 p.m. The start-finish point is the Abel's Hole Group Picnic Shelter at Fort Ransom State Park. There is no charge for the walk/hike unless IVV (International Volkssport Federation) credit is desired for those involved in official volksmarching. Restrooms and water are available but participants are encouraged to carry water with them. The hosts will be serving bratwursts and trimmings to participants. For more information call 701-973-4331.

Lake Sakakawea State Park, *Pick City*

Meet at 10 a.m. CDT at the park visitor center one-half mile north of Pick City for refreshments and a chance to win Trails Day T-shirts. A naturalist-guided hike will follow on the North Country National Scenic Trail. Learn about the wildflowers and wildlife in the park. Bring your water bottle, camera and a friend for this two mile, easy-to-moderate difficulty hike. A park entrance fee of \$5 is the only cost. For more information call 701-487-3315.

Play in our backyard!

Lake Metigoshe State Park, Bottineau

National Trails Day at Lake Metigoshe State Park will include activities throughout the day featuring a Bike Hike, Canoe Hike and a Night Hike. Special hikes will be held for both children and adults. All hikes will be led by an interpreter so come prepared to have fun and learn all at the same time. All participants will be eligible for door prizes. For more information call 701-263-4514.

Fort Stevenson State Park, Garrison

Hikers should meet at Guardhouse Interpretive Center at 2 p.m. for a one mile, ranger-guided hike through the park's native prairie. For more information please call 701-337-5576.

Cross Ranch State Park, Center

Meet at the River Peoples Visitor Center entrance at 2:30 p.m. (CDT) for a guided hike along the Matah Trail. National Trails Day prizes to be given away. Stop at the visitor center for our open house where refreshments will be served all day. For more information please call 701-794-3731.

In addition, **Grahams Island State Park, Devils Lake**, will hold its annual National Trails Day hike on Saturday, June 18. Guided hikes along a 1.5 mile trail begin at 10 a.m. and 2 p.m. from the Sivert Thompson Activity Center. For more information call 701-766-4015.

Other events:

Other Trails Day events held in North Dakota this year include:

- River Keepers will celebrate National Trails Day on Monday, June 6, with canoe and kayak races on the Red River at Fargo's Lindenwood Park beginning at 5:30 p.m. For more information please call 701-235-2895.
- Sheyenne Valley Chapter of the North Country Trail Association will be hosting a trail maintenance/training event and a picnic on Saturday, June 4, at 9 a.m., beginning and ending at the Mel Rieman Visitor Center at Lake Ashtabula, 10 miles northwest of Valley City. For more information please call 701-845-2970.
- The USDA Forest Service will be conducting maintenance on the Buffalo Gap Trail from 10 a.m. to 2 p.m. on Saturday, June 4, beginning at the Buffalo Gap Campground west of Medora. For more information call 701-225-5151.

For more information about National Trails Day or about hiking within North Dakota's state parks, contact the North Dakota Parks and Recreation Department at 701-328-5357.